



# THE BREAKFAST GUIDE



## START WITH PROTEIN

- Whole eggs prepared: scrambled, fried, over-hard/medium/easy, omelet, frittata, hard or soft boiled, etc.
- Nitrate/nitrite-free bacon
- Meat or poultry
- Protein powder (see shake guide for recipe ideas)

01  
STEP



## ADD A VARIETY OF VEGGIES

- Dark leafy greens: kale, spinach
- Bell peppers
- Broccoli
- Cauliflower hash
- Mushrooms
- Onions
- Sauerkraut or kimchi

02  
STEP



## ADD SOME FLAVOR

- Mexican spices**
  - Chili powder
  - Cumin
  - Garlic powder
  - Crushed red pepper
- Other options**
  - Thyme, marjoram,
  - turmeric, salt & pepper
  - Salsa, hot sauce (Tobasco, RedHot, etc)

03  
STEP



## AND A LITTLE EXTRA

- **Add some fat:** Cook in coconut or avocado oil, avocados
- **For more carbs:** Sprouted bread, sweet potatoes, potatoes, squash

04  
STEP



## HEALTHY BEVERAGES

- Water (add extra flavor with fresh lemon/lime, cucumbers)
- Selzer water (unsweetened)
- Coffee (no added sweetener or cream)
- Tea

05  
STEP